



Bellevue Club Meet Draws Huge Crowd

Why did February's short course meters meet at the Bellevue Club attract 138 signups, significantly more than the 103 who signed up in 2003, the first year for this event?

Maybe more people came this year because of the club's fabulous pool. Or the easy-to-read electronic timing system. Or the well-appointed locker rooms that have carpeted floors, large coffee urns and piping hot showers.

Actually, all these amenities are the reason this year's meet drew such a big crowd. "After last year's meet, a lot of people realized that when the Bellevue Club has a meet, competitors can enjoy a terrific facility that includes a great pool," says Meet Director Cory Hilderbrand.

Swim caps off to Cory for doing an excellent job running the meet. "I couldn't have done it without a lot of help, and nobody helped more than Linda Vicik, the club's administrative assistant for swim teams," says Cory.

Thanks also go to swim team members, their parents and Masters swimmers like Dean and

(Continued on page 5)



Photo by Paul Freeman

At the Bellevue Club meet, TACY's Hal Young (83), BC's Marion Chadwick (83) and NEO's Gene Crosset (91) confirm that competitive swimming has no age limits.



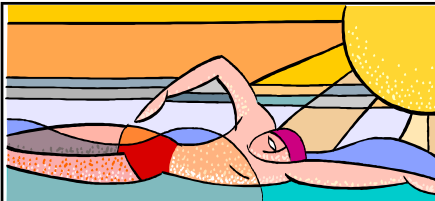
Looking for meet results, places to swim, past newsletters or other information about PNA? Check out our Web site at www.swimpna.org.

Deadline for Champs' Signup is March 31. Entry Form, page 12.

ON THE INSIDE



Leading Off	Page 2
Masters Calendar	Page 3
North Whidbey Masters Coach Neil Romney	Page 4
King County Pool Update	Page 6
Health & Fitness	Page 8
Technique	Page 9
Team Registration Form	Page 14
PNA Registration Form	Page 15



WET SET

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Over the past few years I've allowed myself to get more and more out of shape. In retrospect a combination of priorities and time management decisions led me down this sinful path. First, I added too many tasks to my plate. In order to find more time to get the tasks done, I'd skip practices. After a while swimming was less of a priority in my life.

Swimming Slump

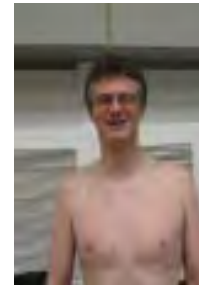
Instead of swimming five or more days per week, I seldom swam more than twice a week. I considered driving even 20 minutes round trip to attend a practice as wasteful time management. If I couldn't attend a practice on the way to or from work, I didn't swim.

Last summer I started working excessive overtime and made several business trips. I kept thinking that sooner or later the overtime would go away and I could get back into shape. December rolled around, and I swam about six times during the month. I thought, well, there's always January. But January was worse—I swam only four times. Meanwhile, I counted laps for my wife, Jane, for the 5K swim last summer, the 3,000-yard swim in October and the hour swim in January.

Seeing the Light

It finally dawned on me that Jane and thousands of other USMS swimmers were beating me in these competitions by considerable margins. They were participating, while I was letting what should be lesser priorities get in the way. Toward the end of January, Jane suggested that we accept the February Fitness Challenge and swim every day during the month.

LEADING OFF



By Hugh Moore, PNA Secretary

At first I didn't think that I could find the time. It took me a couple of days to realize that I could change my habits enough to be successful. The first change had to be reprioritizing my lifestyle.

Changing Priorities

As of this writing, there are four days left in the month and Jane and I have been successful in our challenge. The results have been significant.

We've changed our attitude toward swimming. It has been the first priority when planning each week. We've also been reminded of the importance of goal setting.

As the month progressed, the importance of swimming increased. We weren't going to fail to reach our goals after we had invested scores of hours of time. There were a couple of occasions that we got to practice late and only swam for a half hour, but that's certainly better than not swimming at all. We also started adjusting our attitudes. At least twice each week we needed to drive one hour round trip to get in a

(Continued on page 4)

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.



MASTERS 2004 CALENDAR

**OPEN
POSTAL SWIMS
MEETS**
CLINICS

*Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events.
PNA Events, including Board meetings, are listed in **bold**.*

March 14, 2004
SCY Mercer Island Sprint Meet
Mary Wayte Pool
Mercer Island, WA
Lee Carlson (360) 466-0127
leedee17340@msn.com

March 23, 2004
PNA Board Meeting
Seattle Parks & Recreation
7:00 p.m.

April 9-10, 2004
SCY PNA Champs
WKCAC
Federal Way, WA
Hank Kirkland (253) 941-3585
fwmastersmd@juno.com
Hugh Moore (253) 925-0803
swimmoore@comcast.net
(entry form on page 12)

April 22-25, 2004
USMS Short Course
Championships
Indianapolis, IN
Mel Goldstein (417) 253-8829
goldstein@mindspring.com

April 28, 2004
PNA Board Meeting
Seattle Parks & Recreation

May 1-2, 2004
Northwest Zone SCY Champs
Corvallis, OR
Mark Warden
marklaurawarden@comcast.net

May 5-September 30, 2004
USMS 5K & 10K Postal
Championship
Bruce Hopson (314) 569-2220
(314) 569-0382
bhopson@swbell.net

May 25, 2004
PNA Board Meeting
Seattle Parks & Recreation

June 3-13, 2003
FINA Masters World Champs
Riccione, Italy

June 12, 2004
USMS 5K Open Water
Championship
Fernandina, FL
Edward Gaw
edginc@att.net

June 22, 2004
PNA Board Meeting
Edmonds

June 27, 2004
USMS 2-Mile Cable Championship
Eagle Creek Reservoir
Indianapolis, IN
Mel Goldstein (317) 253-8289
goldstein@mindspring.com

June 28, 2004
USMS 1 Mile Open Water
Championship
Wildwood, NJ
Vicki Anders (410) 502-5395
andervi@jhmi.edu

July 10, 2004
2004 USMS 10K Open Water
Championship Huntington Bay
Huntington, NY
Bea Hartigan (631) 271-3349
bea10k@yahoo.com

July 17
Fat Salmon
Lake Washington

July 17, 2004
3.5K Open Water Championship
Applegate Lake, Jacksonville, OR
Dan Gray (541) 890-5483
dangray45@hotmail.com

July 27, 2004
PNA Board Meeting
Tacoma or Federal Way

Web Guide

Check out these sites on the Internet for information on Masters swimming, news, events, workouts and more from throughout the Northwest!

PNA Masters Swimming
US Masters Swimming
USMS Northwest Zone
Oregon Masters
Alaska LMSC
Utah Masters
Masters Swimming of BC

www.swimpna.org
www.usms.org
www.northwestzone.org
www.swimoregon.org
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

Neil Romney's Coaching Career Spans Many, Many Cities

Masters Coach Profile

Neil Romney, who's been coaching Oak Harbor's North Whidbey Masters since September, probably has coached swimming in more cities than many of his peers.

His first swim coach job, which involved an age-group team, was in 1990 in Ellensburg. This experience sold him on coaching. "I find coaching rewarding, particularly because it offers everyone an opportunity to improve at his or her level and ambition," says Neil, who was born and raised in Yakima.

He liked coaching so much he went back to Central Washington University, his alma mater, for a masters' degree in exercise physiology. While earning this degree, he worked with the middle distance swimmers on the CWU swim team.

Bye-Bye, Ellensburg

In 1993, Neil moved to Carbondale, Ill., to be with a woman he was dating who was starting graduate school there. Neil found a job coaching age group swimmers and the summer league.

After three years in Carbondale, Neil and his significant other moved to Paducah, Ky., where Neil coached another age-group team and what he describes as "a pretty informal Masters group." When the romantic relationship fizzled, Neil headed to Roseburg, Ore., where he coached club and high school swimmers.

Hello Again, Ellensburg

Next, Neil returned CWU where he spent a year teaching in the Physical Education Department. Then he headed to the University of Wyoming in Laramie, Wyo., and started a PhD. program in molecular biology. But before long, he decided, "I don't want to spend the rest of my life in a lab." Instead, he wanted to coach, which led him to Oak Harbor.

In addition to coaching age group and Masters swimmers at the



John Vanderzicht Memorial Pool, Neil coaches the boys' swim team at Oak Harbor High School. And this month he starts teaching an anatomy and physiology class at Skagit Valley College.

Coaching Philosophy

The North Whidbey Masters, who number about 30, can work out either in the morning or at noon. Neil's philosophy is to provide these Masters swimmers a structured workout, then let them "mastersize" it.

"That usually means," he explains, "that most of the swimmers do most of the workout but make adjustments at times, like switching to a stroke other than the one assigned, changing the number of repeats or using a different

(Continued from page 2)

Leading Off

swim. We started having Friday night "swim and dinner" dates, because the only time we could arrange to swim was at 8:00 p.m. We adjusted our schedules so that we could obtain our goals.

Lesson Learned

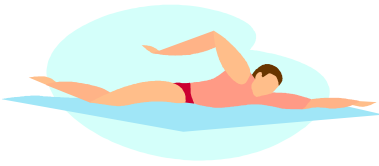
The main lesson I've learned from my experience is that anyone can change their habits. Realistic goals such as swimming every day for a month help considerably. If I'd made a goal of simply "swimming more," my fitness level would not have changed noticeably. I also would probably have failed to swim more than the previous month since the goal would have been too trivial. Setting a significant, but obtainable objective, is the key to goal setting.



sendoff. I encourage people to modify the workout to make it more worthwhile."

Neil, who is 45 and single, lives in Oak Harbor. When not coaching, an activity which consumes about 60 hours of one of his typical weeks, Neil enjoys physical activities, among them cross country skiing, bicycling, kayaking and open water swimming.

Though he's coached the North Whidbey Masters only a short time, Neil says he thoroughly enjoys the group. "They're appreciative of what a coach brings. Plus, they make new swimmers feel truly welcome."



Bellevue Club Short Course Meters Meet February 15, 2004

(Continued from page 1)

Carolyn Behse that served as timers and in other capacities.

Same Time Next Year?

From the Bellevue Club's perspective, the meet was a big success, says Cory. "The club is happy and excited to host an event like this."

Given this success, Cory feels pretty certain that the Bellevue Club will be willing next year to host this meet again. But if you're thinking of swimming in 2005, you may need to sign up early to be assured of a spot.

"The 138 we had this year is a pretty comfortable number for us," says Cory. "We don't want to get much higher than that."

Given the Bellevue Club's amenities, next year's meet could draw an even bigger crowd than this year's.

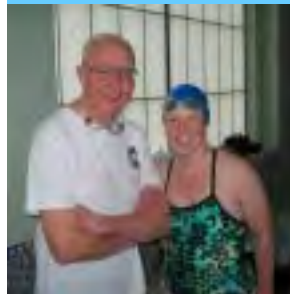
NOTE: For complete Bellevue Club meet results, see www.swimpna.org. To have a hard copy of the results mailed to you, contact Jeanne Ensign, 511 E Roy St. #314, Seattle WA 98102; (206) 324-1354; jeanne@raincity.com.



OOPS' Steve Peterson and Thomas Long



Bellevue Club's Karen Dugan, Meet Director Cory Hilderbrand and Connie Milligan



SAC's Dave Newton and Patty Haller



OR's Robert Smith



BAM's Maia Haykin

Zone and World Records Set at Bellevue Club Meet			
Kathy Casey (56)	FTSW	100 M Back	1:29.42 Z
Joy Ward (62)	OR	100 M Fly	1:36.11 Z
Bernice Phillips (77)	BAM	1500 M Free	43:01.75 Z
Cameron Green (45)	BC	100 M Fly	1:01.56 Z
Steve Peterson (58)	OOPS	200 M Breast	2:59.05 Z
Robert Smith (61)	OR	50 M Back	31.31 W
		100 M Back	1:09.20 Z
David Radcliff (70)	OR	200 M Free	2:30.60 Z
		400 M Free	5:25.28 Z
		800 M Free	11:32.24 Z
		1500 M Free	21:25.90 Z
Harvey Prosser (76)	NWM	1500 M Free	26:53.03 Z

King County Pools: Update

Northwest Center Keeps Five County Pools Open

Call it a win/win.

Five community pools King County was planning to close are still open. And the nonprofit organization running these pools is operating them in the black and guardedly optimistic about their future.

Closure Threat

As discussed in *The WetSet* last month, in 2002 a financially strapped King County was seriously considering mothballing 11 pools it owned and operated. Fortunately, ten of these pools have remained open. Among them are five pools now operated by Northwest Center: Mercer Island Pool, Northshore Pool (Bothell), Redmond Pool, Si View Park Pool (North Bend) and St. Edward Park Pool and Gymnasium (Kenmore).

Saving the Pools

What prompted Northwest Center, a nonprofit organization that serves people with disabilities through education, rehabilitation and work opportunity programs, to take over the five county pools?

One reason, says Chris Sumi, the organization's director of community pools, is that Northwest Center wanted "anchors" in the suburban communities where the pools are located. "Operating the pools gives us greater visibility in these areas."

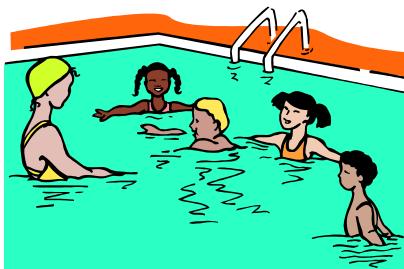
In addition, the pools offer Northwest Center a work site for people with disabilities. "Janitorial services at the pools are provided by people in our janitorial work program," says Chris.

Long-Term Uncertainty

Northwest Center is obligated to operate the pools only for a certain period of time; for example, five years for Mercer Island Pool and three for the Northshore Pool. Consequently, the facilities' long-term operation is not guaranteed.

2004: Crunch Time

Chris thinks 2004 will be a critical year for the five pools. "We



had a lot of energy and enthusiasm at the start of 2003. Many people were so excited that we were able to remain open that they committed to us for the year. That momentum may dissipate this year. The key will be whether we provide enough quality service to keep our customers coming back and telling their friends about us."

Reason for Optimism

Though King County operated the five pools at a substantial loss, Northwest Center's pool operations turned a small profit in 2003. This profit has fueled Chris's optimism about the pools' future. "We continue to work hard on improving our service and improving the amenities in the pools so that people can have a quality experience—whether they're dropping in for a swim or a class, or staying all day for an event."

Northwest Center Financial Partners

For each of the five pools Northwest Center operates, it has two or more partners that financially support the operation. Here they are:

- **Mercer Island Pool:** City of Mercer Island, Starbuck's, Polar Graphics, Aquarobics
- **Northshore Pool:** Cities of Woodinville and Bothell, Northshore School District, Bothell Tourism Committee
- **Redmond Pool:** City of Redmond, Microsoft
- **Si View Park Pool (North Bend):** Metropolitan Park District, Friends of Youth
- **St. Edward Park Pool and Gymnasium (Kenmore):** State of Washington, Cities of Kenmore and Kirkland, Bastyr University, Evergreen Hospital

Upcoming Events at Northwest Center Pools

Thanks to a grant from the Bothell Tourism Committee, Northwest Center is installing a touch pad timing system with scoreboard at the Northshore Pool. The goal is to have this equipment ready for spring swim meets.

With the help of Starbucks, Polar Graphics and 710 KIRO radio, Northwest Center will host Washington competitive swim clinics at all five pools in April. The clinics are for all children 7th grade and younger that can swim 25 yards of freestyle and backstroke.





Call for Nominations PNA Coach of the Year Award

Time to nominate that outstanding coach you think so highly about.

That's because PNA is about to hand out its first annual PNA Coach of the Year Award. The recipient will be honored at PNA Champs and receive a personal plaque. And the recipient's name will be engraved on a permanent trophy.

A three-member committee will review the nominations. The selection criteria may include:

- Improvement or enhancement of an ongoing program or establishment of a new program

- Sustained service over a long period of time
- Contributions to PNA
- Commitment to PNA
- Willingness to share coaching skills and information
- Loyalty of team members
- Inspiration to others and coaching accomplishments.

To nominate someone, simply submit a completed nomination form, together with a letter of support explaining why you're nominating this person. **Please submit your nomination by March 19, 2004.**

You can find a nomination form at www.swimpna.org. To have a copy mailed to you, contact Jeanne Ensign, 511 E Roy St. #314, Seattle WA 98102; (206) 324-1354; jeanne@raincity.com.

Call for Nominations Dawn Musselman Inspirational Swimmer Award

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986). A long-time PNA member, Dawn inspired others and encouraged them to do their best. She was a gifted swimmer as well—check PNA's records for ages 60 to 74!—but speed is not a criterion for this award.

Nominations are open to all PNA members. We're looking for the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship at all times
- Shows a strong commitment to PNA Masters Swimming.

You swim with someone who qualifies—compose a few paragraphs telling why! The award, consisting of a personal plaque and the perpetual trophy with the recipient's name added, will be presented at PNA Champs in April at Weyerhaeuser

King County Aquatic Center in Federal Way. Send your nomination to:

Steve Peterson
(360) 692-1669
speterson@bandwagon.net
11165 Central Valley Rd NW
Poulsbo WA 98370-7014

Please submit your nomination by March 19, 2004.

Welcome New PNA Swimmers

Jon Baca
Jason Blaize
John Bostrom
Peter Brooks
Craig Carlson
Kayte Comes
Britt D'Andrea
James Davidson
David DeRego
Kristi Eager
Priscilla Farrington
Marjolyn Francissa
Katja Fritzsche
John Gair
Nancy Gayman
John Geyman
Holland Gilmore
Gail Gladwell
Paul Hopkins
Laurie Jones
Lisa Kaufman
Diane Mattens
Melissa McAfee

Angela Morelli
Bibek Pandey
Douglas Parrish
Brooke Penaluna
David Peterman
Ian Prickett
Cynthia Putnam
Erid Shade
Rachel Smith
Michael Spence
Sharifa Suniga
John Tacke
Liza Van Rosenstiel
Diana Wasson
David Watson
Martha Ways



Health and Fitness

Like Water for Chocolate

Editor's Note: This article was written by Alice Phillips, fitness chair for the Virginia LMSC. Alice has been a worksite health educator for 10 years and has a masters' degree in health.

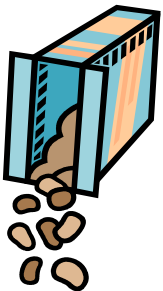
Few of you readers have many things you love as much as water. But I would wager that for some of you, *chocolate* ranks right up there. Come on, admit it—you'd do a 200 Fly for some homemade Toll House cookies. And those Death by Chocolate deserts give you heart palpitations.

Having a food-related pleasure is a good thing. It's healthy to indulge a craving. (Notice, I didn't say eat the whole pint of Haagen Daas.)

Recent research even indicates chocolate is good for you. Yes, good for you. Here's what "they"—people who write press releases for researchers—say about chocolate.

The Good News

Chocolate contains a number of essential nutrients as well as a collection of antioxidants called polyphenols. Antioxidants bind the body's biochemical garbage (free radicals) and help prevent trash from turning into tumors. The patriarchs in this polyphenol family are the flavonoids, which also are found in tea and wine. Flavonoids



act as blood thinners, decreasing clotting. They also appear to reduce the buildup of plaque in the arteries by lowering LDL cholesterol.

Which leads to an obvious question: Doesn't the fat in chocolate increase cholesterol? Despite Murphy's Law that anything that tastes good can't possibly be good for you, the fat in chocolate apparently has little effect on blood cholesterol.

Chocolate contains three types of fatty acids. The first, oleic fatty acid, is largely monounsaturated and thus heart healthy! The second, stearic fatty acid, is more saturated, but appears to be neutral in terms of its effect on blood cholesterol. The third, palmitic fatty acid, is highly saturated and can increase cholesterol. But, hey, two out of three ain't bad according to that

"The fat in chocolate has little effect on your blood cholesterol."

model of well-being, Meat Loaf. (If you're not old enough or musically experienced enough to know who Meat Loaf is, do a little research.)

Chocolate and PMS

Chocolate contains magnesium, which appears to alleviate some symptoms of PMS. That may explain why many women have premenstrual cravings for chocolate.

None of the foregoing, of course, is encouragement to add chocolate to every meal. Nor is it advice to enjoy anything but moderate amounts.



Despite scads of diet book quacks (oops, I mean "authors") who would have you believe otherwise, one of the most essential rules in healthful eating is that nothing need truly be taboo. Balance, variety and moderation are still the only rules that apply.

What to Do

So, what do these concepts mean when it comes to mouth-watering chocolate? According to *Consumer Reports*, Godiva makes the best variety of chocolate followed by Teuscher and Dove. Some research says dark chocolate is most preferable because it's the least processed and thus retains the most antioxidants as well as the least added fat.



Moderation, according to health guru Dr. Dean Ornish, is one piece per day. But does that mean a single Hershey miniature or a life-sized Easter Bunny?

Balance must mean that if your slab of chocolate cake rolls off the plate when you're carrying it to the couch, then it's not balanced...or something like that. In all honesty, if chocolate brings joy to your mouth, your stomach and maybe even your mind or your

(Continued on page 10)



Technique

Improving Your Breaststroke Turn

Editor's Note: The following Q&A article appeared in a recent issue of Great Lengths, the newsletter for the Masters Swimming Association of British Columbia. The answers were provided by Bob Giles, an outstanding breaststroke swimmer. The article has been edited for The WetSet.

Q: A good breaststroke turn and underwater stroke require fast and strong arms, a quick turn and a very powerful push-off. What dry land training you do to facilitate those skills?

GB: The only 'dry land' training I do for the turn would be arm work with rubber tubing. At the end of a gym workout, I set up a flat bench elevated at the front end and facing the wall where the rubber tubing is attached. Lying on the bench, I do several sets working on different aspects of both my freestyle and breaststroke pull along with sets working specifically on the under-



water pull. For these, I do three sets of 30 reps, making sure to build speed and finish strongly at the completion of each pull.

Q: Please explain how you set up your turn when coming into the wall and how might one increase the actual speed of the turn.

GB: It's important to time your last kick in such a way that it is driving you forward about a metre from the wall with your arms stretched out, head down, anticipating the turn. You will use this forward momentum to your advantage as your hands make contact with the wall. Upon contact (with both hands) and pretty well simultaneously, you will:

1. Use one hand (left or right depending on which is dominant) as your "pivot" hand against the wall. This pivot point is very important as it momentarily traps the forward momentum, like a gymnast's hand on the vault, creating a stable point that allows the next two movements to happen.
2. With elbow first and then hand, lead the opposite arm underwater away from the wall in opposite direction (other end of the pool) with the head following thereafter.
3. Pull the pivot hand away from the wall passing it closely over your ear enroute to join the first hand while simultaneously curling your legs.

Using the body's forward momentum (suddenly stopped by the wall) swing the legs under the body allowing the feet to come in contact with the wall as you turn your body opposite your pivot hand. You are in position now to push off into your underwater pull-and-kick phase.

Q: Obviously streamlining after the turn is critical. What do you look for when streamlining on the push off?

GB: First of all, you can't be too close to the surface if you want to maximize your push off because

the closer you are to the surface, the more drag you create. So make sure you push off hard from the wall at an angle that will put you about two to three feet underwater for your initial pull and kick and make sure to stretch!

The stretch on the push off is important in breaststroke as it is with all the strokes. The tighter you are underwater, the less drag you create and the less drag you create the more speed you're capable of.

To do this, I interlock my thumbs as I point my fingers forward, stretching my

body out as much as I possibly can with my head sandwiched between my arms



and my legs pointed all the way to the tip of my toes. I focus on this with every breaststroke turn I do in workout as the more you repeat it, the more it becomes second nature.

Q: How do you determine when to initiate the underwater stroke, after the streamlining phase and after the pull through? And what is the timing on recovering the arms to the surface?

GB: The way I determine when to start my underwater pull and when to start my kick is at that moment when I sense my forward speed starting to decrease. That's the moment that you need another burst of forward momentum, first the strong pull and then the kick, that will bring you to your first arm pull out and into your stroke. If you glide too long in between the underwater pull and kick, you'll kill any momentum your push off gave you

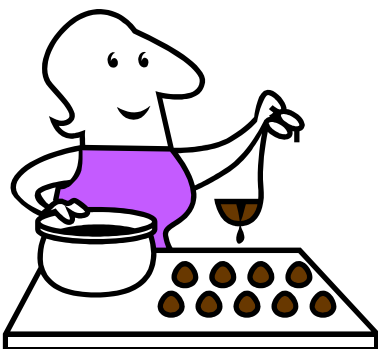
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Chocolate

soul, then go for it. The experience of good food is truly one of the healthiest we have.

Just as only a few amazing souls can swim the Chesapeake Bay, only a few of us can enjoy infinite flavors and quantities of chocolate without becoming a personal floatation device. The rest of us have to seek out our favorites and discover which types and amounts work best for us.



Register Your Team

To be eligible for team points at PNA Champs in April, your team must be registered with PNA. For a team registration form, go to page 14 or www.swimpna.org.



(Continued from page 9)

Breaststroke Turn

and you'll be forced to expend additional energy to get your stroke back up to speed.

Q: *Could you go through your motion for the underwater stroke and break out? How frequently do you practice for this?*

GB: I practice the underwater stroke and break out every time I do a breaststroke turn in workout. As for what I concentrate on, after the push off, I try to get maximum speed and distance by streamlining my body as much as possible. My position should be arms extended, thumbs interlocked, fingers pointed, head tucked between the arms and legs pointed right to the toes. As soon as I sense the forward momentum of my glide starting to decrease, I start my underwater pull. I turn the palms of my hands outwards as I separate my hands, get a feel for the water and, keeping my elbows high, I push backwards along the side of my body to a full extension.

It's quite similar to the underwater arm movement in freestyle except that the hands push alongside the body. As I sense I've hit the peak momentum of my pull, I commence getting my legs in position for the kick as I bring my hands together close under my body and, trying to create as little resistance as possible, bring my arms up and position them in a ready position to take advantage of the thrust of my kick.



My breakout stroke should be like an explosion out of the water, a "jump start" action that gets me back to the surface and into the race.

Five Reasons To Compete at Champs

Still not sure whether to sign up for the 2004 Steve Engle Memorial PNA Championship Meet on April 9 and 10? Well, here are five excellent reasons why you should:

- Champs provides an opportunity for you to bring your whole team together and support one another.
- Champs is the only PNA event during the year when team points count.



- Each individual on a team can and does make a difference. Four people swimming five events can score enough points to place in the small team division. Ten people swimming five events and participating both days can place in the top three in the intermediate division. Last year, the large division was decided by just a couple of relays.
- Champs is held at the Weyerhaeuser King County Aquatic Center, a world-class facility that brings out the best in swimmers. For many of us, Champs is the meet where we swim our best times.
- CHAMPS IS FUN, FUN, FUN!!!!

Summary of PNA Board Actions Taken at February Meeting

The following is a summary of actions taken by the PNA Board at a regular monthly meeting on February 24, 2004, at King County Regional Library in Federal Way.

- The board approved new Web site policies and entry fees for Champs of \$16 per entrant plus \$1 per event.
- Congratulations are in order for Lee Carlson. Lee coordinated the inaugural USMS 30-minute Fitness swim, sending each of the 52 participants a certificate and optional T-shirt. The event netted PNA \$579.
- Registrar Arni Litt reported that PNA has 888 swimmers registered so far for 2004.
- President Jeanne Ensign, a CPA outside the pool, prepared and submitted PNA's Washington State Department of Revenue Excise Tax Report and Federal Form 990. The board appreciates her skill and time.
- Coaches are invited to the Coaches' Meeting at 7:30 a.m. on April 10 at the Aquatic Center, 30 minutes prior to Champs warm-up. At the meeting, coaches can get acquainted with one another and with PNA.

For the full minutes of this and past meetings, go to www.swimpna.org.



**Next PNA
Board Meeting
March 23, 2004
7:00 p.m.
Seattle Parks &
Recreation**

Workouts More Efficient and Fun When Lane Etiquette Followed

Whether you're a competitive or a fitness swimmer, odds are high that when you work out, you swim with others—maybe several others—in a lane. Having multiple swimmers in a lane works well *provided* everyone follows proper lane etiquette.

Here's an etiquette reminder from the January issue of the Oregon Masters Swimming newsletter. (The reminder assumes counter-clockwise circle swimming.)

- Make sure you are in the correct lane.
- Know who is in your lane—introduce yourself.
- Swim fastest to slowest within your lane.
- If you are catching the fastest swimmer, move to a faster lane.
- If you are getting lapped, move to a slower lane.
- Tap the toes of the swimmer in front of you if you would like to pass that person.
- Understand that a toe tap is okay and allow that swimmer to move ahead of you.
- If your toes have been tapped stop at the wall and let that person pass. If you are the tapper, make sure there is a large gap between you and the next swimmer. Sometimes people can only go as fast as the person in front of them. Change the order in your lane if necessary.
- Learn to read the pace clock.
- Know the interval and stay on it.
- Leave an appropriate space between you and the swimmer in front of you, five seconds minimum.
- Don't change the interval without checking with your lane mates AND the coach.
- Swim to the right of the lane.
- Turn in the middle of the lane at the wall and then move to the right side.
- If you must pull over or sit out a lap, move to the right side of the lane (the "safe zone") so that you are out of the way.
- Be aware of where others are in your lane.
- Don't push off right in front of someone about to turn.
- Finish swims to the wall and move to the left to let others finish at the wall.
- Don't breathe on people when resting on the wall.
- Brush your teeth before morning practice.
- Count strokes when asked to.
- Descend when asked to.
- Negative split when asked to.
- Finish all swims with an underwater touch—on side for free and back, two hands for fly and breast.
- Encourage and support your lane mates.

2004 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET

Hosted by Federal Way Masters

Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 043604

DATE: **Friday, April 9th and Saturday, April 10th, 2004**

TIMES: **Friday, April 9th**, Warm-up: **5:30 – 6:20 PM**, Meet starts: **6:30 PM**
Saturday, April 10th, Warm-up: **8:00 – 8:50 AM**, Meet starts: **9:00 AM**

PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,
Federal Way, WA 98023 (206)296-4444

MEET DIRECTORS: Hank Kirkland (253) 941-3585 / fwmastersmd@iuno.com
Hugh Moore (253) 925-0803 / swimmoore@comcast.net

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-yard courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Two championship courses will be used for all events except relays. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2004 USMS or MSC registered swimmers age 19 and above as of April 10th. Age groups will be based upon the swimmer's age as of April 10, 2004.

DIRECTIONS: From North or South Bound I-5 take exit 142 B, which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #C) (Seeding slow to fast / Deck enter relays at the meet.) Note: The 400 IM and 1650 will be held on Friday evening. All other events will be on Saturday.

Friday, April 9th: 6:30 PM		Saturday, April 10th (continued)	
1	400 Individual Medley	13	50 Freestyle
2	1650 Freestyle (check-in by 6:20 PM)		Special Awards Presentation
		14	50 Butterfly
	Saturday, April 10th 9 AM	15	200 Backstroke
3	500 Freestyle (check-in by 8:30 AM)	16	100 Freestyle
4	Women's 200 Medley Relay	17	200 Individual Medley
5	Men's 200 Medley Relay	18	100 Butterfly
6	Mixed 200 Freestyle Relay	19	200 Breaststroke
7	100 Backstroke	20	50 Backstroke
8	50 Breaststroke	21	1000 Freestyle (check-in by event 17)
9	200 Freestyle	22	Women's 200 Freestyle Relay
10	100 Individual Medley	23	Men's 200 Freestyle Relay
11	100 Breaststroke	24	200 Mixed Medley Relay
12	200 Butterfly		Team Awards

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

Entry Confirmation: If entry confirmation is desired, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.

Check-in: Check-in is required for the 1650 Freestyle (Deadline: Friday at 6:20 PM), the 500 Freestyle (Deadline: Saturday at 8:30 AM), and the 1000 Freestyle (Deadline: end of event 17). Swimmers who do not check in by the deadline may be scratched from the event. **Relay check-in deadlines:** events 4, 5, & 6 by Saturday at 9:00 AM; events 22, 23, & 24 by end of event 20.

Emergency Contact : _____ **Phone Number:** _____

2004 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET

Friday, April 9th and Saturday, April 10th, 2004

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE _____ Email _____

BIRTHDATE: _____ USMS #: _____ - _____

PNA TEAM _____ (note: team must register with PNA by 3/27/04)

CLUB _____ or UNATTACHED _____ LMSC _____

AGE GROUP (Determined by your age as of April 10th, 2004):

19 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59
60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 - 94	95+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEE: \$ 16.00 Surcharge
\$ _____ T-shirts @ \$15 indicate size (M ___ L ___ XL ___)
Individual Events: + _____ \$1 per event. No charge for relays.
No charge for need-basis or seniors (65 & over).
Total: \$ _____ **Please make checks payable to Federal Way Masters**
Mail this entry form and fees to: Holly Bork
25107 62nd AVE S #J-201
Kent, WA 98032

Questions? Email Holly at holly.d.bork@boeing.com
Entries must be postmarked no later than Friday, March 26th or received by March 31st, 2004.
Include a copy of your Masters registration card if you are not a PNA member. All swimmers must have a valid 2004 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____



Additional Information

PNA Champs

In Memory of Steve Engel
June 17, 1943 - February 17, 1996

PNA's annual Champs meet is dedicated to the memory of the co-founder and first president of the PNA. Steve lost his battle with complications from leukemia, but his energy and enthusiasm will long be remembered by those of us fortunate to have known him.

*Across America, there are now more than 30,000 of us.
 And one of the pioneer associations in the nation was right
 here in Steve Engel land. Thank You, Steve.
 Your vision long ago became a solid reality that will endure.
 It was not a false start. You have swum the entire distance to heaven.*

- From Tom Taylor's tribute in *The WetSet* (March 1996)

Team Eligibility: To be eligible for team awards, teams must submit a 2004 team registration by the meet entry deadline. PNA team registration forms are available in *The WetSet* and on the PNA Web site, www.swimpna.org.

Team Categories: Eligible PNA teams will be divided into three categories (Large, Medium, and Small), based upon the number of swimmers entered from each team in the meet. Category assignments will be made after the meet entry deadline and announced during the meet.

Scoring: The meet shall be scored from places 1 through 12 in every age group for every event. Individual events will be scored 13-11-10-9-8-7-6-5-4-3-2-1. Relays score double the individual points. Non-PNA swimmers will not score points and will not displace PNA swimmers from scoring points.

Individual Awards: PNA Championship ribbons will be awarded first through 8th place in every age group in every event. PNA medals (1st, 2nd & 3rd place) can be purchased for \$2 each.

Team Awards: Plaques will be awarded to the top three teams in each category.

Traffic Warning: Friday evening traffic to Federal Way is unpredictable. Be sure to allow plenty of time so that you arrive in time to check in and warm up.

Web Site: Visit PNA 's Web site at www.swimpna.org for updated information.

Motels: There are numerous motels within fifteen miles of the pool including:

Name	Distance to Pool	City	Phone
Holiday Inn Express	1.4 miles	Federal Way	253-838-3164
Best Western Executel	5 miles	Federal Way	253-941-6000
Super 8 Motel	2.4 miles	Federal Way	253-838-8808
Motel 6	7 miles	Fife	253-922-1270

PNA Coach of the Year and Dawn Musselman Awards: The first annual PNA Coach of the Year and the 2004 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Saturday at the conclusion of event #13 (50 Freestyle).

Volunteer Timers Needed

Family and friends coming to watch can support the meet as timers, and will be treated to the great hospitality of lunch, snacks and refreshments. Participants in between events are also welcome to help. Reserve your lane today, contact Mike Anderson at (253) 946-4395, cougarmikeanderson@msn.com.

Pacific Northwest Association of Masters Swimmers

2004 Local Team Registration

To register your team for 2004, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held April 9-10, 2004. All team members competing in the meet must be currently registered with USMS.

Team Reps: PNA will provide your team with a USMS Rule Book, which contains rules for Swimming, Competition, Long distance Swimming, Athletes' Rights, and Organization and Bylaws..

Team Name:	Abbreviation (4 letters max):	
Team Rep	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
Team Coach	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
Workout Pools	Pool name:	
	Address:	
Workout Times		

Below are the abbreviations currently in use. Team abbreviations in **bold** have registered for 2004 as of February 28.

Mail this form and check to:

Arni Litt, Registrar
1920 10th Ave East
Seattle, WA 98102-4253
Arni@qwest.net

Application fee: \$10

Make check payable to: **PNA Masters Swimmers**

<p>AS: West Seattle All Stars BAM: Bainbridge Area Masters BC: Bellevue Club BEST: Bellevue Eastside Masters BLAM: Bellevue Lunchtime Aquatic Masters BMSC: Bellingham Masters Swim Club DSYM: Downtown Seattle YMCA Masters EM: Evergreen Masters FSJ: Fins of the San Juans FTSW: Ft. Steilacoom - WAKO FWM: Federal Way Master GACM: Gateway Athletic Club GCMS: Gold Creek Masters (GCM) GLAD: Greenlake Aquaducks HMST: Husky Masters ISST: Issaquah Swim Team Masters JAM: Juanita Aquatic Masters LUNA: Team Luna LYN: Lynnwood Sharks MILL: Mill Creek Masters</p>	<p>MIR: Mercer Island Redwoods NEO: North End Otters NHM: Newport Hills Masters NSYG: Northshore Y's Guys NWM: North Whidbey Masters OOPS: Old Olympic Peninsula Swimmers ORCA: Orca Swim Club PRO: Pro Sports Club PTMS: Port Townsend master Swimmers QASC: Queen Anne Swim Club SAC: Seattle Athletic Club SAM: Samena Club SQM: SQMasters Swim Team SSEA: Swim Seattle SVY: Skagit Valley YMCA Chinooks TACM: Thunderbird Aquatic Masters</p>	<p>TACY: Tacoma Pierce County YMCA TIG: Tigers TMS: Thorbecke's Masters Swimming TOSC: Thurston Olympians Swim Club TSC: Tacoma Swim Club TUMV: Tumwater Valley Masters UNAT: Unattached to a Team UPAC: University Place Aquatic Club VAM: Vashon Aquatic Masters VAST: Valley Aquatic Swim Team VFC: Valley Fitness Center WCY: Whatcom County YMCA WIS: S Whidbey Island Swells WSAS: West Seattle All-Stars WSYD: West Seattle YMCA Dolphins WWUS: Western Wa U Masters Swimming YNOT: Y Nauts</p>
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Don't see your team? Fill in the form and I will add it to the list.

UNITED STATES MASTERS SWIMMING, INC.
2004 MEMBERSHIP APPLICATION
Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer (Old Number _____)
 if available)

Please print clearly and fill out the entire form. Register with the same name you will use for competition. If your name has changed, please include old and new names.

Name: _____ Birth date: _____
Last First Initial Month Day Year
 Address: _____ Age: _____ Male Female (circle one)
Street or box number
 _____ E-Mail: _____
City State Zip+4

Telephone: (____) _____

If you coach a Masters swim team check here
 I am interested in serving on a PNA committee

CLUB: Pacific NW Aquatics (PNA)
 Sequim (SQM) Unattached

AND Team : _____
 Unattached

2004 Annual Fee: Your fee includes a subscription to *The WetSet* and to *SWIM Magazine*

Choose a membership level below

Regular:	\$35	\$ _____
Need-based or Seniors (65 & over):	\$25	\$ _____
Partial year after Sept.1, 2004:	\$20	\$ _____
Canadian:	\$40 (US dollars)	\$ _____

Optional Donations:

USMS Endowment Fund	(\$1 or \$ _____)	\$ _____
International Swimming Hall of Fame	(\$1 or \$ _____)	\$ _____

TOTAL \$ _____

Mail to: Arni H. Litt, Registrar
 1920 10th Ave East
 Seattle, WA 98102-4253

Make check payable to: **PNA**
 Questions: (206) 323-4712, arni@qwest.net

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

➔ **Signature** _____

Date _____

When the option becomes available, I would like to receive the PNA newsletter, *The WetSet*, by electronic mail (e-mail) or be informed by email that it is available on the PNA website **YES NO (Circle one)**

Please re-enter your email address. _____



WetSet Subscription/Change of Address Form

The WetSet is PNA's official newsletter. Produced ten times a year, it is delivered free of charge to PNA members. Non-members may purchase an annual subscription to *The WetSet* for \$12, payable to "PNA Masters Swimmers." To subscribe, please send this completed form to Arni Litt, PNA Registrar, 1920 10th Ave E, Seattle, WA 98102-4253.

***Important** — *The WetSet* is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.*

Attach old address label here (if available)

Name _____

Address _____

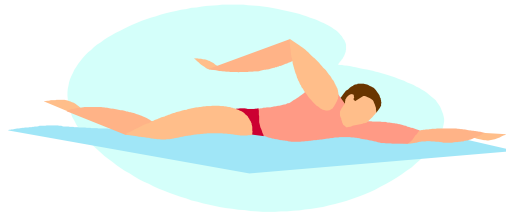
City / State / Zip Code _____

Phone _____ USMS # _____

E-MAIL _____

Change of Address

New Subscription



Pacific Northwest Association of Masters Swimmers
1920 10th Ave East
Seattle, WA 98102-4253

CHANGE SERVICE REQUESTED

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Permit No. 2334